

## Consider Adult Day Health Services For Your CAP Clients

*John comes to our adult day and health care program one day a week. He is confined to a wheelchair and can only stand with the assistance of a hydraulic lift. This is his one outing each week. The rest of his life is spent sitting on the porch. He is parked there in the morning and gets no socialization unless someone on the street stops to talk with him. John cannot speak above a slight whisper, so we know there are few who stop to talk. The smile on his face when he is with us is the picture of gratitude and joy.*

*J. Small, Director*

### Adult Day Health Services (S5102)

Adult Day Health Services is care for the client in a certified Adult Day Health Care facility. This type of care is for aged, disabled, and handicapped adults who need a structured day program of activities and services with nursing supervision. This organized program, offered in a community group setting, supports the adult's independence and promotes social, physical, and emotional well-being. Services include health services and a variety of program activities designed to meet the individual needs and interests of the clients, and referral to and assistance in using appropriate community resources. Food and food services include a nutritional meal and snacks as appropriate to the program.

Although the service is not to be provided at the same time of day that a client receives In-Home Aide Services, Respite, or one of the regular Medicaid services that works directly with the client (such as Personal Care Services), it can work in conjunction with many of these services. Many CAP clients have an In-Home Aide who can assist them in getting up, dressed and to the program.

Here's what CAP clients have to say about their participation in adult day health services:

- ☞ *This is the best place in the world, and the people who take care of us -- I love you all.*
- ☞ *I have made some wonderful friends attending this program and I love coming every day.*
- ☞ *We are like one big happy family and I enjoy my time here.*
- ☞ *I thank God for this place because I don't know what I would do all day long if I had to stay home.*
- ☞ *We are blest to have such a wonderful place to come to with such loving people taking care of us all.*
- ☞ *This place is a life saver. I don't know what we would do without it.*

The North Carolina Division of Aging and Adult Services certifies these programs and keeps an updated list on our website. Although a program may not be available in your county, it is possible to send a client to a program in another county that may be near the client's home. The updated list of programs can be accessed through <http://www.dhhs.state.nc.us/aging/adcsvc.htm> or by calling Shannon Crane at 919-733-0440 ext. 210.

